Harvest Food & Wine!

KING'S

A WINNING COMBINATION... KING'S AND JON McCLURE ARE

Helping You "Make Ends Meet!"

"Making Ends Meet" RECIPE OF THE WEEK MEXICAN GUACAMOLE

SAVE ON... CRISCO SHORTENING 3 LB. TIN $1.99

WASHING POWDER TIDE DETERGENT 64 OZ. BOX $2.69

PLUS DEPOSIT REGULAR & DIET Dr. PEPPER & SUNKIST 16 OZ. 8 FOR $1.19

CALIFORNIA ICEBERG LETTUCE HEAD 59¢

PATCHER LABEL CHUNKLE FRENCH FRIES 56 OZ. BAG $1.09

5 & 1 LBS. SMOKED PICNICS POUND 79¢

BLADE CUT CHUCK ROAST POUND $1.29

FRESH NY MADE GROUND BEEF 3 LB. OR MORE $1.09

Grocery

DEPOSIT WHOLE KERNEL CORN 3 $1.00 17 OZ. CANS

DEPOSIT APPLE SAUCE OR Cut Green Beans 3 89¢ 16 1/2 OZ. 16 OZ.

DEPOSIT MACARONI & CHEESE 4 $1.00 7 1/4 OZ. BOXES

SAVE ON... NABISCO OREO'S 59¢ 19 OZ. PKG.

THOROUGHLY SHAKY LUCK'S BEANS 2 89¢ 17 OZ. CANS

ALL VARIETIES WISHBONE DRESSINGS 69¢ 8 OZ. BTL.

ALL VARIETIES LIPTON EGG NOODLES & SAUCE 59¢ 2 1/2 OZ. 4 1/2 OZ. PKG.

DELL'S HOTEL SPECIAL COFFEE 1 $1.99 REG. OR DECAF 39 OZ. CAN

RICHFOOD PORK & BEANS 3 $1.00 16 OZ. CANS

SAVE ON... SAFEGUARD SOAP 2 99¢ 4 OZ. BATH SIZE

DRESTED WHITE SPUD FLAKES 4 1 $1.00 2 OZ. 4 1/2 OZ. BOXES

SAVE ON... LOG CABIN SYRUP 1 $1.49 24 OZ. BTL.

LOG CABIN COMPLETE PANCAKE MIX 1 $1.19 REG. 32 OZ. BOX

RICHFOOD CHUNKS DOG FOOD 4 28 PRICE + 6¢ DEPOSIT 25 LB. BAG

FOUR SEASONS DECORATOR STEMWARE COLLECTION FROM TANG WITH THE PURCHASE OF 27 OZ. TANG PACKED IN SINGLE PACK $2.99 4 DIFFERENT DESIGNS COLLECT THEM ALL

WT. CONTAC 24 CAPSULES ANACIN $1.69 REG. $3.89

DELL'S BAN DEO SELTZER 2 1/2 OZ. $1.99 REG. 3 FOR $1.29

Produce

CRISP GREEN Cabbage 12¢ LB.

FRESH FIRM TOMATOES 59¢ LB.

CUKES OR PEPPERS 4 $1.00 FOR

DOUBLE BARTLETT BOSCO OR RED PEARS 59¢ LB.

U.S. EXTRA FANCY RED OR GOLDEN DELICIOUS APPLES 3 $1.00 LBS.

AS SIZE, BEST FLORIDA GRAPEFRUIT 3 $1.00 FOR

Meat

STRIPE PROTEIN CORN FEDDED SHOULDER STEAK $2.19 LB.

STRIPE PROTEIN BLADE CUT CHUCK STEAK $1.79 LB.

STRIPE PROTEIN SHOULDER ROAST $1.99 LB.

STRIPE PROTEIN IMPERIAL ROAST $1.49 LB.

STRIPE PROTEIN BONELESS STEW BEEF $1.99 LB.

BEST ON BEST OSCAR MAYER BOLOGNA 99¢ 1 LB. PKG.

BONELESS OSCAR MAYER VARIETY PAK $1.99 2 LB. PKG. Oscar Mayer

OSCAR MAYER COOKED HAM $1.69 1 LB. PKG.

FAST SIZE ARMOUR STAR BACON $1.49 2 LB. PKG.

WILLIAMSBURG WITH OR WITHOUT SAGE WILLIAMSBURG SAUSAGE $1.29 LB.

GREAT JONES FLAVORS GREAT CHICKEN BOLOGNA 99¢ 1 LB. PKG.

GREAT JONES FLAVORS GREAT SAUSAGE OR BOLOGNA $1.29 2 LB. PKG.

LOUIS RICH FRESH TURKEY PARTS 69¢ LB.

LOUIS RICH FRESH TURKEY BREAST SLICES $2.99 LB.

CUT FROM U.S. DEPT. D.S. PORK FAT BACKS 59¢ LB.

BELL SAUSAGE FLAVORS BEST SMOKED SAUSAGE $2.29 LB.

PRICE IN EFFECT 1 LB. OR MORE

BONELESS PORK B.B.Q. READY TO EAT SMOKED PICNICS 1 LB. $1.99 REG. 2 LB. $2.99 REG.

FROZEN FRESH COD FILLET FROZEN SELECT OYSTERS 12 OZ. CUP $1.59 99¢ LB. STANDARD 12.75

PRICES EFFECTIVE OCTOBER 21-24, 1981

Frozen & Dairy

SAVE ON... FROZEN STEAK-UMM 1 $1.89 10 OZ. PKG.

WOODED CHICKEN RONDELETTES 1 $1.89 12 OZ. PKG.

SAVE ON... PET RITZ PIE SHELLS 2 59¢ REGULAR 8" OR 9" 9 OZ. 9.5 OZ.

ALL FLAVORS PET ICE CREAM $1.79 1/2 GAL.

SAVE ON... CELESTE DELUXE PIZZA 1 $1.49 9 OZ. PKG. 23 1/2 OZ. PKG. $3.49

HOT WHIPPED TOPPING 69¢ 8.5 OZ. CANS

Bakery

DELICIOUS... PUMPKIN PIE 24 OZ. PK. $2.29

DEVIL'S FOOD CAKE 42 OZ. CAKE $4.19

LIGHT ROLLS BAKED FRESH 16 $1.09 FOR

VILLAGE BASKET COOKIES ASSORTED $1.19

EGG BREAD 16 OZ. LOAF 79¢

Delicatessen

V. MONTANA, CANADA, BEST IN THE U.S.A. HOT DOGS 4 $1.00 FOR

KAUFF'S OLD FASHIONED OR SPECIAL LOAF $2.49 LB.

FRESH N' FRIED CHICKEN $3.59 LB.

LEAN BASKET BEEF $4.49 LB.

BEST ON... TURKEY BREAST $3.19 LB.

QUALITY MEATS GUARANTEED WE ARE NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS

Good news for homemakers

On Peanuts!

By SHIRLEY W. WALTON
Extension Agent
Nutritious and Delicious
Peanuts

Peanut farmers and peanut lovers alike are looking toward the fall peanut harvest with enthusiasm. Because of a good season in most peanut-growing areas, a tremendous bumper crop is expected.

Watch for peanuts in all their forms in the produce section or on the shelf of your grocery store. You, also, can buy peanuts at fruit stands and at fall festivals.

Peanuts are an excellent source of protein, phosphorous, potassium and have considerable amounts of B Vitamins and calcium. They are an excellent choice for a snack and can be used to accompany a meal.

Many of you have been asking questions about how to handle fresh peanuts. If you purchase peanuts for boiling, be sure that it is plainly stated on the bag "Peanuts for Boiling." After peanuts have been harvested for a good length of time, the shell is hard enough so that it is impossible for the salt water to penetrate them when they are boiled.

Since many of you have asked about boiling peanuts, I wish to share the following information from Betsy Owens with you.

Wash the freshly harvested peanuts in a mild solution of kitchen detergent and rinse in clean water. Place the peanuts in a suitable sauce pan and cover with a medium brine, which is 10 ounces of salt to one gallon of water. Boil covered for 45 minutes or until the kernels are tender. Let the peanuts set in the brine for 10 to 15 minutes. Taste test for preferred saltness. Pour off the water and allow the peanuts to drain before serving. The peanuts are ready for shelling and eating immediately or they may be held in the refrigerator for as long as five days. Only freshly harvested green peanuts should be used. They are best obtained straight from the farm.

Roasting peanuts is the preferred method of handling them. Roast in the shell by placing the peanuts one or two layers deep in a shallow baking pan. Roast at 350°F. for about 25 minutes, stirring occasionally. Shell and sample the peanuts during the last few minutes to assure the peanuts are being roasted to the desired doneness. Peanuts continue to brown while cooling. Remove from the heat just short of the desired doneness. Over-roasted peanuts are not good as far as flavor is concerned.

To roast shelled peanuts, place raw, shelled peanuts one layer deep in a shallow baking pan. Roast 350° F. for 15 to 20 minutes until golden brown. Stir occasionally for even roasting. Remove from the heat just short of the browness desired. You may garnish with melted butter and season to taste.

Why don't you try some nutritious, delicious peanuts. They are an excellent snack food, a great snack to put in a child's lunch box and a delightful addition to a packed lunch.

If you have a homemaking question or problem, you may call 352-8244 or you may write us at P. O. Box 488, Appomattox, Va. 24522. Have a good week!

RECIPE OF THE WEEK
Eleanor's Soft Gingerbread

½ cup shortening
1 egg
1½ cup flour
1 teaspoon cinnamon
½ cup molasses
½ teaspoon salt
1 teaspoon ginger
½ cup brown sugar
1 teaspoon soda dissolved in 1 cup boiling water

Mix ingredients in the order listed. The batter is very thin. Bake at 350°F for 35 minutes.

Many thanks to Mrs. Eleanor Stratton for this delicious dessert. She served this at a recent meeting of the Stonewall Extension Homemakers and it was the hit of the day!

ASCS Today

Market opening set

by TOM CONRAD

FIRE CURED MARKETS TO OPEN NOVMBER 23rd. - The dark-fired tobacco markets will open on Monday, November 23, 1981 and operate four weeks before Christmas closing on December 17, 1981. Opening week sales will be on Monday, Tuesday and Wednesday because of Thanksgiving. The second week sales will revert to the regular Tuesday, Wednesday, Thursday sale. After Christmas sales will be announced later.

Two sets of graders and buyers will be available each week to the three markets. Therefore there will only be two sales each day, three days a week, with alternating sales, giving each market two sales per week. Total sales poundage has been reduced slightly to 825,000 lbs. per week allocated to the markets on the basis of a three year moving average.

Booking tobacco in Farmville and Lynchburg will begin on Monday, November 9, 1981 at 8:00 a.m. No tobacco will be booked at these two points before that date. For information on the Blackstone Market call M. E. Inge, Jr. at 292-7259.

You may book tobacco in Farmville and Lynchburg by calling the Warehouse number or going to the warehouse in person.

Farmville - Call the Warehouse number 392-4029 or go see Mr. Carter at the Middle Warehouse downtown Farmville.

Lynchburg - Call the Warehouse number 847-6921 or go to the Warehouse.

The Annual Membership Meeting of the Virginia Dark-Fired Tobacco Growers Marketing Association will be held at New Randolph Tobacco Warehouse on Friday, November 6, 1981 at 1:00 p.m. Growers are urged to attend.

LOOSE LEAF GRADES OF DARK TOBACCO ELIGIBLE FOR SALE THIS YEAR - Dark-fired growers will have the option of selling some grades of dark-fired tobacco loose leaf this year. The grades XSL, X5F, X5D, X5M, X5M45, X5G, X5G45, N1L, N1D, N1gL and N1GG will be supported 10 cents lower than the standard rate, if marketed in intied form. No other grades will be supported in untied form.

In the case of New Randolph and New Farmers Warehouses there will be new tobacco sheets for sale to the growers at approximate cost after November 9. When the grower delivers loose leaf to the market in a sheet he will be given a sheet to replace the one he leaves. The cardboard forms used to pack tobacco loose will also be available.

In the case of Blackstone, Planters Warehouse, Mr. Inge can furnish these items or direct the grower where to get them. Call 292-7259.

1981 AND SUBSEQUENT CROPS OF BALED BURLEY TOBACCO ELIGIBLE FOR PRICE SUPPORTS - Price support will be available for all burley tobacco packed in bales from the 1981 and subsequent crops. Price support will continue to be available burley tobacco tied in "hands", the traditional manner.

CCC announced June 24 that it was preparing to take this action and asked for comments on the proposal. Comments received indicated farmers could save money by packing burley tobacco for market in bales.

As an experiment, CCC began with the 1978 crop to make price support available on a small amount of burley tobacco packed in bases. In 1980, farmers were permitted to obtain price support on up to 25 percent of their burley tobacco marketed in this fashion.

As in the past, individual bales of burley tobacco are required to be identified by a uniform identification tag 1-5/8 inches wide by 3-¼ inches long attached with a wire tie showing at least the following information: (1) warehouse registration number; (2) basket ticket number; and (3) number of bales of the lot.

Further information and a copy of the final regulatory impact analysis is available from Robert Tarczy, analysis division, room 3754-S, USDA/-ASCS, P. O. Box 2415 Washington, D. C., 20013, or phone (202) 447-6733.

Farmland losing out to urbanization

In Virginia alone, 2.4 million acres of farmland were lost in just a decade (1960-69) and the state is currently losing about 100,000 acres per year. Prime farmland lost to non-agricultural uses is usually lost forever.

In addition to farmland lost to urbanization, Soil Conservation Service (SCS) inventories show that Virginia's cropland is losing 6.6 tons of topsoil per acre each year. This is much faster than nature can rebuild our soil. Future demands for agricultural products will increase substantially. In order to produce more on less land, we will have to do a better job of managing our soil and water resources.

These are just a few facts the Robert E. Lee Soil and Water Conservation District wants to get across to area residents as part of this year's commemoration of National Resource Conservation Week. The theme for 1981 is "Conservation: Key to Survival" and will be celebrated October 18-24.

Natural Resources Conservation Week is sponsored each year by the Virginia Association of Soil and Water Conservation Districts and has been officially recognized in a proclamation signed by Governor John Dalton.

If You Have Social Items Call The Times-Virginian 352-8215

CAN WE HELP PAY YOUR RENT?

The Virginia Housing Development Authority is administering a Rental Assistance Program for people who need help to pay the rent.

Families are eligible for consideration if their adjusted income does not exceed Federally established limits for an area.

Single individuals are eligible if their income is within the limits, and if they are 62 years or older handicapped, or disabled.

IF YOU QUALIFY:
* The amount you pay for rent, plus a utility allowance, will not exeed 25% of your income.
* VHDA, with Federal funds, will pay the portion of rent you don't pay to the landlord.
* You can stay in your present housing, or choose a new place to live.

To find out more about the Rental Assistance Program, contact our local agent below:

RENTAL ASSISTANCE OFFICE
Appomattox County Department of Social Services
P.O. Box 517
Appomattox, Virginia 24522
804-352-7125
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Troy Blazer — 352-7866
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